

A Shot in the Arm Can Keep You from Harm

OK. So nobody looks forward to getting a shot. But the short-lived pain of a vaccine is much less than the pain of becoming ill with a serious disease.

Vaccines work to protect you from illnesses (and even death) caused by infectious diseases.

Because we no longer see the once visible reminders of dreaded diseases, we often forget about the importance of keeping our shot records up to date. In the four years before the use of the polio vaccine, more than 16,000 polio cases and 1,800 deaths

from polio were reported each year.

Although polio and other diseases have nearly been wiped out, the viruses and bacteria that cause them still exist. Infectious diseases can still be passed on to people who are not protected by vaccines. That is why it is important that you get your shots.

What can happen if you do not get vaccines

Measles — Can cause ear infections, lung problems and even death.

Mumps — Can cause sore joints,

inflamed heart and even sterility.

Rubella— Can cause deafness or retardation.

Diphtheria — Can cause heart and kidney failure.

Tetanus — Can cause lockjaw and muscle spasms.

Pertussis — Can cause long-lasting infection.

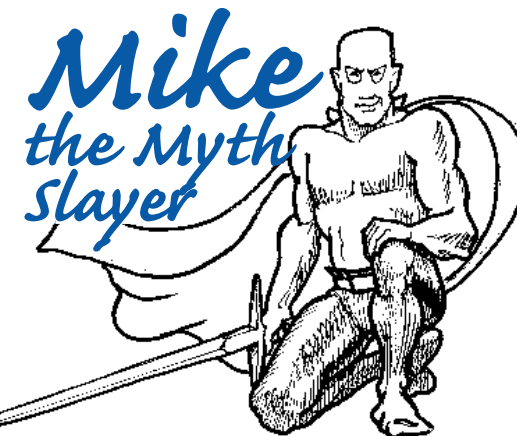
If you are between ages 11 and 18, you need certain shots if you have not already had them. Ask your doctor. Vaccines are free to BlueCare and TennCareSelect members under the age of 21.



BlueCare[®]
TennCareSM Select

Just for You

For BlueCare and TennCareSelect Members under age 21



Myth: I am too young to worry about my health.

Mike: Nonsense! You are never too young to start healthy habits. In fact, now is the very best time. Many diseases can develop in your body over a long period of time before they are found. But if you live a healthy lifestyle by getting exercise and eating the right foods, you have a better chance of avoiding diseases.

Is Your Pack A Pain in the Back?



Do you have lower back pain? Do you carry a backpack? If so, consider these tips from the American Chiropractic Association:

- Make sure your backpack weighs no more than 5 to 10 percent of your body weight. A heavier backpack will cause you to bend forward in an attempt to support the weight on your back, rather than on the shoulders, by the straps.
- The backpack should never hang more than four inches below your waist. A backpack that hangs too low increases the weight on the shoulders, causing you to lean forward when walking.
- A backpack with compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your back.

- Wear both shoulder straps. Lugging the backpack around by one strap can cause the shift of weight to one side, leading to neck and muscle spasms, as well as low back pain.
- Wide, padded straps are very important. Non-padded straps are uncomfortable and can dig into your shoulders.
- The shoulder straps should be adjustable so the backpack can be fitted to your body.

Just for You

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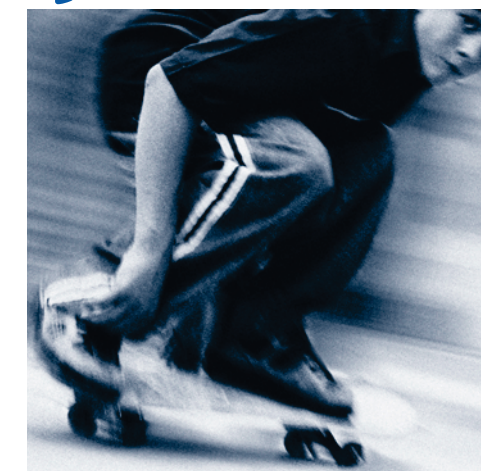
Get Active – a Step at a Time

If you like playing video games and watching TV, you're not alone. Nearly half of American youths ages 12 to 21 are not physically active on a regular basis, according to the Centers for Disease Control. But you don't have to give up the video games. Just fit more activity into your day.

You can start slowly by making small changes to your daily routine. For instance:

- o Take the stairs instead of the elevator
- o Walk the family dog. If you don't have one, find a neighbor who does.
- o Skateboard.
- o Rollerblade.
- o Play basketball.
- o Wash the car.
- o Clean the house.
- o Mow the lawn.
- o Take a dance class.

Physical activity does not need to be hard to be beneficial. Moderate amounts of daily physical activity are recommended for people of all ages. This amount can be in longer periods



such as 30 minutes of brisk walking, or in shorter periods of more intense activities, such as jogging or playing basketball for 15 to 20 minutes.

Yea for Activity

Becoming more active will:

- o Make you feel better
- o Give you more energy
- o Make you more flexible
- o Help you think and concentrate better
- o Help you handle stress

Don't wait any longer. Start today to become more active!

Welcome

Welcome to the first edition of "Just for You," a quarterly newsletter on health tips for preteens, teens and young adults who are TennCare members. Here's to a happy, healthy life!

Chance to Win a \$100 Gift Card

How would you like to go on a \$100 shopping spree at Kmart? It could happen if you are one of the lucky winners of the Health Whiz Quiz on page 3. Just follow these easy steps:

1. Mark your answers on the quiz. (Hint: you will find the answers in the articles in this newsletter.)
2. Fill out the "Tell Us" section. This will help us know what kind of articles you would like to see in the future.
3. Cut page 3 out of the newsletter. Fold the quiz into thirds with the BlueCross address on the outside. Tape shut. Drop in the mailbox. You do not need a stamp.

Entries will be entered into a drawing. Four entries will be drawn to each get a \$100 gift card from Kmart. Winners will be notified by mail and announced in the next edition of *Just for You*.



Keep on Top of Your Health:
Get Free Checkups Every Year

If you are feeling okay, should you still go to the doctor for an annual checkup? The answer is "Yes." Your doctor can help keep you healthy. The doctor can find little problems and treat them before they become big problems. For BlueCare and TennCareSelect members up to

age 21, these checkups are free through the state's TENNderCARE Program. This care that keeps you healthy may be referred to as EPSDT (Early and Periodic Screening, Diagnosis and Treatment).

- Your well checkup includes:
- o A health history
 - o A physical exam
 - o Any needed shots (see shot article on page 4)
 - o Needed lab tests
 - o Health education
 - o Vision and hearing testing
 - o Dental screening.

Free ride available


If you and your parents need a ride to the doctor's office, TennCare will see that you have a ride. It is free. Just call the number of the Community Services Agency for your county. The number is listed in the BlueCare or TennCareSelect Member Handbook.

Think About It

You don't have to be a supermodel, movie star or an athlete to stay fit and healthy and to like who you are.



Vennie, the Vending Machine Junkie, Says, 'Choose Your Snack Wisely'



For a quick and easy snack, Vennie likes to stop at the school vending machine. Sound familiar? But Vennie also cares about his body. That's why he makes choices recommended by the Center for Science in the Public Interest:

- Better Vending Choices
- Applesauce cups (unsweetened)
 - Bottled water
 - Chex Mix, Traditional
 - Fruit cups
 - Low-fat or fat-free milk
 - Granola bars, oats 'n honey
 - Orange juice (100%)
 - Raisins and unsweetened dried fruit
- Bad Vending Choices
- Fatty cookies
 - Chocolate whole or 2% milk
 - Soda
 - Fruitopia, FruitWorks, and other "fruit" drinks
 - Snack cakes
 - Club and cheddar sandwich crackers
 - Candy bars and other sugary candies



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Health Whiz Quiz

Answer the questions below for a chance to win a \$100 Kmart gift card.

Cut this page out of the newsletter. Fold where indicated and tape closed. Make sure the BlueCross address is on the outside, and mail. You do not need a stamp. Winners will be randomly drawn from received entries.

- You do not have to practice good health until you are old.
___ True ___ False
- Name at least two benefits of becoming more active.

- Checkups are free for BlueCare and TennCareSelect members under 21.
___ True ___ False
- Name at least two better choices from a vending machine.

- Between the ages of 11 and 18, you can get caught up on your shots if you have missed some.
___ True ___ False

Tell Us

- What health topics would you like to see in future issues?

- What is the most common reason you go to the doctor?

- Do you go to the doctor for a checkup every year even if you are not sick?
___ Yes ___ No
- If you do not go to the doctor, what is the main reason you do not go?

Your Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Age _____

Fold here so address shows

Fold under here